



THE UNIVERSITY OF
SYDNEY

Research Centre
for Children and
Families

Tips to help parents with intellectual disability with a parenting capacity assessment

Parents Rights

Parents with intellectual disability may need extra help when they are having a parenting capacity assessment. Parents with intellectual disability have a right to get help. This is in the Convention on the Rights of Persons with Disabilities (United Nations, 2008).

- ❖ You have a right to **understand**
- ❖ You have a right to **feel safe**
- ❖ You have a right to **get support**

You may feel confused or anxious about the assessment. We have some tips from parents with intellectual disability who have been there. You can find more information for you and for your workers at <https://rccf-parenting-disability.sydney.edu.au/>

Acknowledgement of Country

The Research Centre for Children and Families acknowledges Aboriginal and Torres Strait Islander peoples as the First Australians, whose lands, winds and waters we now all share, and pays respect to their unique values, and their continuing and enduring cultures which deepen and enrich the life of our nation and communities.

Before the Assessment

You will be contacted about the assessment. You can ask the person to help you get prepared. Some ideas for questions you can ask:

- ❖ What will happen?
- ❖ Where will it happen?
- ❖ How long it will take?
- ❖ Can I bring a support person?
- ❖ Can you help me find an advocate?
- ❖ What if I do not know how to get there?
- ❖ Do I get a say in where it happens?
- ❖ Does it have to happen at my contact visit with my child?

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During the Assessment

You have a right to understand what is going to happen. You can ask the person who is doing the assessment to:

- ❖ Introduce themselves.
- ❖ Explain what they will ask you about and why.
- ❖ Explain what the word 'capacity' means.
- ❖ Check if you need a break.
- ❖ Check you understand. Give you time to answer.
- ❖ Use simple words and say things in different ways.
- ❖ Not to ask too many questions

After the Assessment

You have a right to get information that you can understand. You can also talk to your lawyer or advocate about this. You can ask the person who did the assessment to:

- ❖ Make time to talk to you about the report.
- ❖ Send you a Plain English summary or recording.
- ❖ Make sure you have a support person when you get the report.
- ❖ Be accurate and respectful.
- ❖ Make sure that you know what to expect.
- ❖ Follow up with people that you suggested they talk to.

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For more information

Research Centre for Children and Families

[e rccf.research@sydney.edu.au](mailto:rccf.research@sydney.edu.au)

[w https://www.sydney.edu.au/arts/our-research/centres-institutes-and-groups/research-centre-for-children-and-families.html](https://www.sydney.edu.au/arts/our-research/centres-institutes-and-groups/research-centre-for-children-and-families.html)



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